



June 3, 2013

# Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at [www.ria.army.mil](http://www.ria.army.mil) under "About USAG-RIA" and then "News" and "Local News."

**Island Insight Submission:** <https://home.ria.army.mil/sites/ii/ii.cfm>



## Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)

- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)

- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the O.C.](#)



## Flights Honors World War II, Korean

**War Veterans:** World War II and Korean War veterans visited Washington D.C., on May 23, for a free one-day trip provided by the Honor Flight of the Quad-Cities to recognize their sacrifice and service to the nation. "The Quad-Cities supports their veterans," said Bob Morrison, hub director of HFQC, development and marketing director for Ridgecrest Village. "I value so much of what

veterans do for our country, but I feel they are not getting nearly the respect that they should. The great thing about the Honor Flight is that I am not the only one who thinks that way." Honor Flight was established in May 2005, when six planes flew 12 World War II veterans to visit the World War II Memorial in Washington D.C. The program was designed to provide a flight, free of charge, to WWII veterans and other veterans who meet specific

criteria with health being one of the major factors. The program flew 105 veterans in the first year. "Bill Shore, a WWII veteran, came to me and asked if the Honor Flight was a creditable organization," said Morrison. "At that time, I never heard of the program. Therefore, I researched and contacted their headquarters in Springfield, Ohio. I talked to retired Air



"HOME OF US ARMY LOGISTICS"



Force Capt. Earl Morse, who started the Honor Flight program. When I asked Morse if the program was creditable, he told me to ask Sen. Bob Dole, because he was involved. I knew it had to be creditable if the senator was involved." ([More](#))

**Arsenal Service Members Participate In QC Memorial Day Events:** Military and civilian leaders from the tenant commands here spoke to assembled veterans and community members at 17 Memorial Day weekend events across the Quad City-area May 24-27. ([More](#))



**JMC's General Discusses Mission at Small Business Symposium:** An early morning audience on May 23, heard the importance of the Joint Munitions Command's mission and its relationship to small businesses. Brig. Gen. Kevin G. O'Connell, commander, JMC, spoke 15 minutes as part of the Midwest Small Business



Government Contracting Symposium 2013, held at the iWireless Center in downtown Moline. O'Connell discussed JMC's footprint across the continental United States and its partnerships with other government organizations. ([More](#))

**How to Replace Your or a Relative's Military Medals:** On Memorial Day, we honor those who died while serving in the United States military. Some of the service medals they earned have also been lost over the years. But those decorations do not have to be lost forever — it is possible to have them replaced by following a few steps. Depending on the veteran's branch of service, how long ago he or she served and the exact relationship of the requester to the veteran, there are different procedures for getting service records and replacement decorations. ([More](#))



**Defense Workers Receive Furlough Notices:** The Department of Defense has begun delivering furlough notices to civilian employees, setting in motion a chain of actions that will result in hundreds of thousands of Defense

## Upcoming Dates

**June 11:** USAG-RIA Assumption of Command  
**June 11-13:** DA Photo Studio Availability  
**June 12:** USAG-RIA Safety Day  
**June 15:** Quad Cities Military Salute Gala [📅](#)  
**June 15:** Pioneer River Days @ COL Davenport House [📅](#)  
**June 16:** Father's Day  
**June 18:** USAG-RIA Town Hall  
**June 22-23:** 27<sup>th</sup> Annual Quad City Airshow [📅](#)  
**June 24-28:** USAG-RIA Joint Services Installation Vulnerability Assessment (JSIVA)  
**June 27:** RIA 3<sup>rd</sup> QTR Retirement, Retreat & Award Ceremony  
**July 2:** JMC Change of Command Ceremony  
**July 3:** Red, White & Boom [📅](#)  
**July 4:** Independence Day (*Federal Holiday*)  
**July 11:** JMTC Change of Command Ceremony  
**July 9-11:** DA Photo Studio Availability  
**July 16-18:** USAG-RIA Motorcycle Experienced Rider Course [📅](#)  
**July 19-20:** FMWR Summer Golf Tournament  
**July 26:** RIA AUSA 2013 Golf Outing & Steak Fry  
**Aug. 6-8:** DA Photo Studio Availability  
**Aug. 9:** First Army Organization Day (T)  
**Aug. 12-16:** CBWTU Muster Week  
**Aug. 12-16:** HQ JMC TA4C (T)  
**Aug. 23-24:** Tribute to Our Fallen (Healing Fields)  
**Aug. 26:** Women's Equality Day  
**Aug. 29:** Honor Flight, Moline Airport  
**Sept. 2:** Labor Day (*Federal Holiday*)  
**Sept. 11:** Patriots Day, 9/11 Observance Ceremony (T)  
**Sept. 17:** Constitution Day  
**Sept. 17-19:** USAG-RIA Motorcycle Cycle Experience Rider Course [📅](#)  
**Sept. 20:** USAG-RIA POW/MIA Recognition Day Ceremony  
**Sept. 26:** RIA 4<sup>th</sup> QTR Retirement, Retreat & Award Ceremony



workers losing time on their jobs. Some 750,000 Defense employees face up to 11 days of furlough beginning July 8 owing to automatic budget cuts mandated by sequestration. Although most other federal departments have managed to avoid furloughs, Secretary of Defense Chuck Hagel announced May 14 that the Pentagon has concluded that it cannot make the necessary cuts without them. ([More](#))

## **DOD Civilians Get Seven Days to Appeal Furloughs:**

Plans to trim the paychecks of the vast majority of civilian Defense Department employees this summer rolled forward this week as more than 652,000 workers began receiving notices that they'd be furloughed for up to 11 days this summer. Pentagon officials say all furlough notices will be delivered by Wednesday. Once received, the clock starts ticking on a one-week period for the employee to appeal for reconsideration of the furlough notice. ([More](#))



**DOD Furlough Decision Driven by Readiness Concerns:** Furlough notices are on the way for thousands of civilian

employees all across the Defense Department. Roughly 680,000 DOD civilians will be forced to take one day off per week without pay between July 8 and the end of the fiscal year as a result of the automatic budget cuts, known as sequestration. Jessica Wright, acting undersecretary of Defense for Personnel and Readiness, told In Depth with Francis Rose the decision wasn't an easy one. ([More](#))

## **OMB Wants 10 Percent Cut In 2015 Budget Requests:**

Agency discretionary budgets are on a path to drop another 10 percent in fiscal 2015. The Office of Management and Budget's 2015 budget guidance released Wednesday requires cuts in every agency's lowest priority programs to equal 10 percent. To find those areas ripe for reductions, OMB told agencies to reduce fragmentation and overlapping programs. Departments should recommend areas that should be reduced based, in part, on the Government Accountability Office's annual report on duplication. ([More](#))



## **Glimmer of Hope Offered on 2014 Raise:**

Several developments in Congress offer hope that a federal employee raise will be paid in January 2014, and that it might even be higher than the 1 percent the White House has recommended. The House Appropriations Committee has begun drafting spending bills for the upcoming fiscal year that do not specifically include money to pay a raise but don't rule one out, either. Last year by this time the House had voted as part of a budget outline and as a freestanding bill to continue the pay freeze through 2013 and the appropriations bills it drafted specifically denied any raise. ([More](#))

## **Treasury Suspends Investments Into G Fund:**

The Treasury Department has suspended investments into the government securities G Fund, using the most stable of the federal employee pension funds to delay hitting the government's debt ceiling. Suspending investments into the Thrift Savings Plan's G fund -- which collects on interest-bearing Treasury bonds that make up the public debt -- has become a common tactic in recent years, serving as a component of "extraordinary



measures” the federal government takes to stave off default. ([More](#))

## **Army Organization Chooses milBook to Reach Broader Audience:**

Linking people around the globe, milBook, an internal military social media tool similar to Facebook and LinkedIn, recently became the choice site for 41 Army Professional Forums. "On any particular day, there are about 40,000 people in the Army that log on to all of the forums collectively to find out information," said Ron Pruyt, knowledge management officer for the Center for Army Lessons Learned, or CALL. "So thousands of people who were on the old Army Professional Forums, or APF, platform and the thousands of users already on the milBook platform can talk together now, [and exchange information] in a way that was not possible before," he said. ([More](#))



**What Can Katherine Archuleta Do For Feds?:** President Barack Obama recently nominated Katherine Archuleta to become director of the Office of Personnel Management. The president is very familiar with Archuleta's leadership

experience. She ran his re-election campaign, and before that, she was the chief of staff for former Labor Secretary Hilda Solis. But perhaps no one knows Archuleta better than Federico Pena. She was his chief of staff when he was mayor of Denver and later when he was Transportation Secretary in the Clinton Administration. ([More](#))

## **USO Inaugural Bottled Water Donation Drive:**

In honor of Military Appreciation Month the Davenport Fire Department is now accepting cases of bottled water during the month of May.



You can drop off bottled water at any Davenport Fire Department Monday – Friday, 9 a.m. – 4:30 p.m. Water will be used at the USO Center as well as programs and events supporting our local military.

## **2013 Hiring Our Heroes Job Fair – Newton, Iowa:**

There will be a job fair for veterans at the DMACC Newton Conference Center,, at 600 North 2<sup>nd</sup> Avenue West, in Newton, Iowa, on **June 20**. This hiring



event is being conducted by the U.S. Chamber of Commerce Foundation, the Department of Labor Veterans' Employment and Training Service, the Iowa Committee of the Employer Support of the Guard and Reserve, the U.S. Department of Veterans Affairs, the American Legion, NBC News, and other local partners. Job seekers: veterans, active duty military, members of the Guard and reserve components, and military spouses can register for free at [hoh.greatjob.net](http://hoh.greatjob.net) to guarantee admission. Walk-ins welcome, but space not guaranteed. For registration questions, please contact us at [hiringourheroes@uschamber.com](mailto:hiringourheroes@uschamber.com) or call (202) 463-5807.

**Blood Drive:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room



(First Floor, Bldg. 60), on **Friday, June 14, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Aug. 23**. A **3<sup>rd</sup> shift**



blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on July 19**. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



**Charlie Corpuscle Says,** "We will have a drawing for a red Mississippi Valley Regional Blood Center polo. Any donors giving on the Arsenal during the month of May will be included in the drawing. Winner will be allowed to specify their size preference."



**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information click here.**

### **VIOS Schedule for June, July and August:**

Official DA Studio Photography (DA, government passport and command photos) will be offered at Rock Island Arsenal **June 11, 12 and 13; July 9, 10, and 11; and Aug. 6, 7, and 8**. Appointments may be scheduled online by submitting a DA3903 Work

Request Using the [Visual Information Ordering Site](#) for these available times: Tuesday, **June 11, July 9, and Aug. 6**, 7 a.m. – 3:40 p.m.; Wednesday, **June 12, July 10, and Aug. 7**, 7 a.m. – 3:40 p.m.; and Thursday, **June 13, July 11, and Aug. 8**, 7 a.m. – 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in [VIOS](#). To obtain an official government passport photo: 1. Schedule a passport photo appointment at the [RIA VIOS website](#). 2. Go to Transportation to obtain a printed DA form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA3903 form to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the [RIA VIOS website FAQ](#).

### **In-kind Donation Collection for**

**Oklahoma Tornado Victims:** In-kind donations for Oklahoma tornado victims are being collected at Heritage Church, 4801 44th St., Rock Island, between now and **June 6**. You can help by donating items like: Boxes for packaging, toothbrushes, toothpaste, hairbrushes, combs, shampoo, soap, sunscreen, baby bottles, formula, diapers, wipes, shovels, rakes, brooms, dust-pans, trash bags, gloves, soap, hand cleaner, flashlights, batteries, toilet paper, paper towels, towels, paper plates, plastic utensils, cups, zip lock bags, bug spray, grab – go – snacks, granola type snacks, cleaning supplies, mops, mop buckets, working chainsaws, generators. However, water is not needed at this time. POC: Greg Hass, "Pack the Truck" for Oklahoma Tornado Victims, (309) 787-0292.



### **2013 WID Golf Tournament:**

Women In Defense 12<sup>th</sup> Annual Golf Outing: Friday, **Aug. 2**, at Glynns Creek Golf Course. \$65 per person/WID members \$60 per person. (Includes greens, cart, continental breakfast, lunch, beverages)



and prizes) Registration/payment due by **July 19.** ([Flyer](#))

## Arsenal Island Employee Local

**Discounts:** *The following discounts are exclusively available to Arsenal Island employees –*

### **Bennigan's Rock**

**Island:** Arsenal employees, service men, service women you are always welcome at

Bennigan's in Rock

Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time ([☺](#)).

### **Pepperjack's Restaurant & Lounge in Davenport:**

Rock Island Arsenal employees receive 20 percent off their Pepperjack's entrée when they present their Arsenal identification card (one discount per ID) ([☺](#)).

### **New Life Chiropractic Clinic:**

Arsenal Island employees, we're offering you a 20 percent discount on our services ([☺](#)).

**Goebel Family Dentistry:** Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit ([☺](#)).

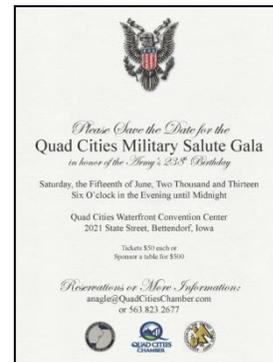
**Big Mouthz BBQ:** We're offering all public



employees (city, county, state, and federal) \$1 off their order every Monday ([☺](#)). **Massages By Kim:** For the month of May, in honor of Military Appreciation Month, Massages By Kim is offering 10 percent off to all military and military families (with valid id) for an hour massage. Appointments can be made [online](#), where you can indicate that you're military when scheduling the appointment online in the "Note to Provider" section ([☺](#)). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

## Quad Cities Military Salute Gala:

**Honoring Those Who Serve:** For all that sequestration has been charged with lately, one consequence is surely an opportunity for the Quad-Cities. Because of budget issues, the Army Birthday Ball that celebrates the rich heritage of our Army has been cancelled at the national level and at the Rock Island Arsenal as well. The Rock Island Arsenal Chapter of the



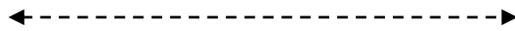
Association of the United States Army has long supported this event and saw an opportunity to partner with the Quad-City Chamber of Commerce to allow the community to host the Quad-Cities Military Salute Gala honoring the 238<sup>th</sup> birthday of the United States Army. The event will be held on **June 15** at the Q-C Waterfront Convention Center in Bettendorf. ([More](#)) ([For more information and to R.S.V.P. by June 1](#))

## RIA AUSA 2013 Golf Outing & Steak

**Fry:** The Rock Island Arsenal Chapter of the AUSA will hold its 14<sup>th</sup> Annual Golf Outing & Steak Fry on Friday, **July 26**, at the beautiful Arsenal Island Golf Course. Players ... hurry and [register for this event](#). Only the first 40 teams will play! AUSA is a 501(c)(3) non-profit educational organization that supports America's Army – Active, National Guard, Reserve, Civilians, Retirees, Government Civilians, Wounded Warriors, Veterans, and their family members. Proceeds from this event are used to fund all of our Chapter activities including our Soldier & Family Support programs, wounded warrior programs, veteran support initiatives, the



USO/AUSA Emergency Relief Grant Program & the RIA AUSA Scholarship program. For thirty years, our Chapter has supported initiatives to strengthen the viability of the Arsenal, aide MWR & ACS programs, sponsor veteran support programs and we have contributed more than \$125,000 in the last two years for Soldier and Family needs. ([More](#))



## Arsenal Traffic/Construction

**Closure at North Ave. & Gillespie Street:** Phase 3 of the North Avenue project started May 6. Phase 3 consists of storm sewer and paving work at the intersection of North and Gillespie. The completion of Phase 3 will require **30 to 45 days of good weather**. Barricades and signs will be installed and traffic will be routed in accordance with the detour map attached with both inbound and outbound traffic directions (North Avenue Project Phase 3 Inbound-outbound). DPW POCs are Joe Gumpert, (309) 782-1389; and Mike Panilo, (309) 782-6004.



## Building/Space Closures

**C**  
*There are no announcements this week for Building/Space Closures.*



## Active Duty/Reserve Zone

**C**  
**Army Releases New Leaders' Handbook On Cybersecurity:** The Army published a new handbook this month to provide leaders of all levels with the information and tools needed to address today's cybersecurity challenges, and to ensure organizations adopt the necessary practices to protect their information and the Army network. "We must change our culture, enforce compliance, and ensure that people are accountable for proper security procedures," Secretary of the Army John McHugh said in a Feb. 1 memo mandating Information Assurance/Cybersecurity awareness training. ([More](#))

**Between a 'Rock or Something' and an MRE:** If you're familiar with the phrase "rock or something," then you've probably used a Flameless Ration Heater to warm up a Meal, Ready-to-Eat. To this day, the phrase remains part

of a pictogram on the package of the heater, known as the FRH, which was developed at Natick Soldier Research, Development and Engineering Center's Department of Defense Combat Feeding Directorate and is celebrating its 20th anniversary in 2013. It refers to directions that advise warfighters to place the FRH at an angle when heating up a Meal, Ready-to-Eat, commonly known as an MRE. ([More](#))

**Total Army Sponsorship Program:** The Total Army Sponsorship Program (TASP) is a commander's program designed to assist Soldiers, families and Army civilian employees during relocation. Sponsors, ideally Soldiers and civilians with significant time on station, provide incoming personnel with information and referral services about the installation and community. If done correctly, TASP will inherently reduce the stress created by Permanent Change of Station (PCS) moves. ([More](#))

**Starting Strong:** "Starting Strong" is a reality-TV inspired branded television series created by the U.S. Army to engage its prospect audience and those that influence them. This series is the Army's first test of what is called "episodic branded content" that delivers the Army Strong story to those



audiences that typically skip or aren't exposed to traditional advertising. "Starting Strong" leverages the best of unscripted productions from Hollywood and blends it together with unfiltered views of Army life. In the 10-episode series, prospects go through the entire process from considering an Army career and Military Occupational Specialty (MOS), to training for that MOS with current Soldiers and an Army mentor, to considering whether or not they want to join. Each episode ends with the participant deciding if the Army is right for them. ([More](#))

**Army of Preparation:** Today, the U.S. Army stands at a historical inflection point. After fighting two major wars over the last 12 years, the Army has learned much about the dramatically changing world and the way it approaches conflict. The Army must now review these hard-won lessons, but with an eye toward an increasingly complex and dangerous future. In essence, the Army must begin the transition from an Army of Execution to an Army of Preparation. ([More](#))

**Active Duty Caddie Program at John Deere Classic:** The PGA Tour will once again be sponsoring the Active Duty Caddie Program, for the John Deere

Classic, on Wednesday, **July 10**. The PGA is looking for 20 active duty military to participate in the ADCP. The participants will be on-site all morning and will have the opportunity to walk inside the ropes, caddie for, and interact with PGA Tour players. This is open to all branches of the service. Those wanting to participate must have their supervisor's permission for this duty time event. The point of contact for the Caddie Program is [Marc Raiken](#), (904) 543-5112 or (201) 919-6070.



## Safety Spotlight



**Safety Awareness Day:** To better promote Safety Awareness among our Soldiers, civilians and Families, the Rock Island Arsenal Garrison is hosting a "Safety Awareness Day" on Wednesday, **June 12**, 10:30 a.m. - 1 p.m., Bldg. 60, in Heritage Hall. Please join us for safety information dealing with fire safety, car seat installation checks, boating safety, cell phone distraction awareness safety displays, alcohol impairment activities, traffic safety, and information on how the Red Cross responds to natural disasters. The feature demonstration will



include the *Save a Life Tour – Interactive Drinking and Driving Simulator*, which is a realistic, sober perspective on the effects of driving while intoxicated. All are welcome. For more information call (309) 782-1380.

**National Safety Month:** National Safety Month, sponsored by the nonprofit National Safety Council and observed each June, offers Army leaders a prime opportunity to energize their accident prevention efforts and engage with their Soldiers on safety. The annual event is endorsed and recognized as an official Army observance by senior Army leadership. ([More](#))

**Off-The-Job Summer Safety:** How much of the on-the-job safety culture is being incorporated into an employee's home life? The National Safety Council has launched the "Safety Starts with Me" campaign to celebrate National Safety Month, which is in June. It marks the beginning of summer, and summer is a good time to remind employees that safety is 24/7. As soon as the thermometer hits 70 degrees, our bodies wake up and we want to do more because of the warmer temperatures and longer daylight hours. We increase our indoor and outdoor activities when we are off work. This means more home



improvement projects, exercise and sports, or leisure activities that can put us at risk for injury. ([More](#))

**Motorcycle Safety Course:** The USAG-RIA Safety Office will be sponsoring upcoming Motorcycle Rider Courses. This cycle rider safety training program will be certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DoD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any Soldier operating a motorcycle on the Rock Island Arsenal must be in possession of an MSF card when they ride to verify completion of required training. The next one-day Experienced Rider Courses are scheduled to be conducted on **July 16-18** and **Sept. 17-19**. Registration for all courses is through the web-based AIRS system at <https://apps.imcom.army.mil/AIRS>. For further information, please contact [Michael Chaplin](#), IMRI-SO, at (309)

782-2314/1380, or [Nancy Carlson](#), IMRI-SO, at (309) 782-2309.

### **Staying Safe This Summer Season:**

The US Army Corps of Engineers, Mississippi River Project has partnered with Casey's General Stores to help spread the word about water safety this summer.



This effort is being done as part of a Rock Island District water safety initiative to keep people safe on our public waterways. Life jackets save lives but only if you are wearing them. Look for this image at the checkout counter the next time you visit your local Casey's store and remember to "Be Smart from the Start" and "Always Wear your Life Jacket."



## Equal Opportunity Focus



### **National Caribbean-American**

**Heritage Month:** For centuries, the United States and nations in the Caribbean have grown alongside each other as partners in progress. Separated by sea but united by a yearning for independence,



our countries won the right to chart their own destinies after generations of colonial rule. Time and again, we have led the way to a brighter future together -- from lifting the stains of slavery and segregation to widening the circle of opportunity for our sons and daughters. National Caribbean-American Heritage Month is a time to celebrate those enduring achievements. It is also a chance to recognize men and women who trace their roots to the Caribbean. Through every chapter of our Nation's history, Caribbean Americans have made our country stronger -- reshaping our politics and reigniting the arts, spurring our movements and answering the call to serve. Caribbean traditions have enriched our own, and woven new threads into our cultural fabric. Again and again, Caribbean immigrants and their descendants have reaffirmed America's promise as a land of opportunity -- a place where no matter who you are or where you come from, you can make it if you try. ([More](#))



## Morale, Welfare & Recreation (MWR)



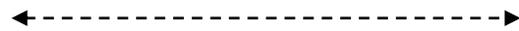
Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs. Also [click here](#) to



become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

## **Beer Pairing Dinner at the Arsenal**

**Island Golf Clubhouse:** Enjoy seven courses of delicious food perfectly paired with seven craft microbrews from Schlafly Brewery on Friday, **June 21**, at 7 p.m. Cost is \$50/person and includes a souvenir Schlafly glass that's yours to keep. Call (309) 782-4372 for more info and to reserve your table. ([Food/Beer Menu & Flyer](#))



## **MWR Leisure Travel Office**



**Office Hours:** Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

**Mount Olympus Waterpark:** One of the world's largest wave pools, some of the fastest rivers and steepest slides make Mount Olympus is the best attraction for outdoor summer time fun. Wristbands on sale for \$28, a \$11.99 savings.

**Menopause The Musical:** It is a celebration of women, so bring the girls

and laugh out loud about our "silent passage." Bring your guy, too. See what millions worldwide have been laughing about for more than 10 years! Rated PG-13 for adult content and language. Tickets on sale until **June 29**. \$43.50 a ticket.

Date: **Saturday, July 13**

Time: **5:45 p.m.**

**Heartland Jam 2013:** Leisure Travel will be selling one or two day passes to the Heartland Jam. This two day event will feature Phil Vassar, Kellie Pickler, Darius Rucker, Jerrod Niemann, Lauren Alaina, Rodney Atkins and many more performers. Discounted tickets on sale until **June 29**. One-day ticket = \$44, two-day ticket = \$54.

Date: **Friday, July 19**

Time: **1 p.m.**

## **Ringling Bros Barnum & Bailey**

**Presents – DRAGONS:** For the first time in circus history, myth and majesty will share the arena during this must-see family event that can only be witnessed at The Greatest Show On Earth®! Experience circus spectacles so incredible that once again you will believe in the unbelievable! Contact LTO for dates and discounted prices (309) 782-5890.

Date: **Aug. 30 - Sept. 2**

Time: **Varied**

**Disney Junior Live:** Producers of Disney On Ice and Disney Live!, is taking top performing cable TV series for preschoolers to the stage in Disney Junior Live On Tour! – Pirate and Princess Adventure. Featuring characters from the smash hits Sofia the First and Jake and the Never Land Pirates. \$20 lower and \$14 upper bowl.

Date: **Friday, Oct. 18**

Time: **6:30 p.m.**

## **Outdoor Recreation Summer**

**Entrance:** Effective May 20, Outdoor Recreation Patrons were asked to use the back entrance of Bldg. 333 for equipment pickups and returns. This will make it easier for patrons to load and unload equipment from their vehicles. For more information please phone x-8630.

**Six Flags Great America:** Thrill-seekers are sure to enjoy one of our amazing roller coasters. We have a variety of out-of-this-world coasters, including Viper, Batman The Ride and Raging Bull, the world's first hyper-twister coaster. In total, the park has nearly seven miles of thrilling coaster track. Discounted tickets adult/child \$36.



**Six Flags Saint Louis:** An amazing theme park featuring awesome rides, great shows, and incredible attractions, plus Hurricane Harbor water park. Discounted one-day admission tickets for adults/children \$36.

**Adventureland Park:** Adventureland Amusement Park contains more than 100 rides, shows, and attractions including some of the country's most exciting roller coasters and thrill rides that can challenge the most avid amusement park enthusiasts. There are also plenty of rides for less adventurous guests as well as a full complement of children's rides. Discounted tickets \$30.

**Movie Night Gift Cards at Leisure Travel:** Stop by the Leisure Travel Office and pick up a gift card for \$27 that is redeemable at the Regal Moline Stadium Theater for two adult movie tickets and \$10 in concessions. These make great for a present for that special someone in your life. The Leisure Travel Office also is once again selling discounted single movie tickets for \$8.50. Call (309) 782-5890 for more info. ([Flyer](#))

## Child, Youth & School Services

☉ **Army Certified Family Child Care Provider:** Would you, or someone you know, be interested in becoming an Army Certified Family Child Care provider for the Arsenal? We are always looking to bring more FCC providers into our program. You would be doing childcare out of your home with access to our lending closet for borrowing supplies, as well as certified training provided through the Arsenal. For questions or more details contact our FCC director Nancy Lawson at (309) 782-0813.

## Army Community Service (ACS)

☉ ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412

**Army Community Service Army Family Team Building:** AFTB will

offer Leadership Development classes including: Examining Your Leadership Style, Effective Communication for Leaders, Developing Great Meetings, Establishing Team Dynamics, Resolving Conflict, Supporting Others through Coaching and Mentoring, and more. Classes will be held on **June 5-6**, 8:30 a.m. - 2:30 p.m. at Army Community Service, Bldg. 110, 1<sup>st</sup> Floor, SE. To register for these free classes, please call ACS at (309) 782-0829. Civilians can also sign up on [TEDs](#). ([Flyer](#)) ([Brochure](#))

## Employee Assistance Program

☉ For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1<sup>st</sup> floor, East.

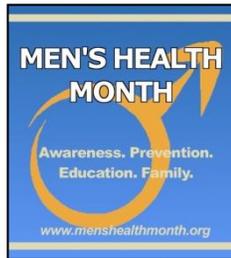
**PTSD Support Groups:** You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are



sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

**Understanding PTSD:** The RIA EAP is offering educational classes on Post-Traumatic Stress Disorder. Classes will be held in Bldg. 56, 1<sup>st</sup> floor, Room 122, 10:30-11:30 a.m., on the following dates: **June 25, July 23, and Aug. 27.** Call (309) 782-4357 to enroll.

**National Men's Health Month – June 2013:** The month of June is designated as National Men's Health Month. The purpose of this campaign is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men. If you are like many men, you may drink alcohol occasionally. Or, like others, you may drink moderate amounts of alcohol on a regular basis. But did you know that drinking more than the moderate levels -even occasionally- may put you at risk for serious health problems? Although alcohol affects everyone differently, excessive drinking can negatively affect



a man's health regardless of age, race, marital status, income level, profession, or lifestyle. Common medical problems that can be caused by excessive drinking include heart disease, arthritis, liver cirrhosis, high blood pressure and various cancers. In support of National Men's Health Month, the Rock Island Arsenal Employee Assistance Program invites you to take advantage of the free and confidential counseling services that the program has to offer. Schedule an appointment with an EAP counselor by calling (309) 782-4357. Master-level counselors can provide information, short-term counseling, and referral services. If you have any concerns about your alcohol use or mental health, talk it over with a trained professional at the EAP.

**Smoking Cessation Group:** Summer is right around the corner. What better time to kick the habit. The Employee Assistance Program offers an educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office in Bldg. 56, 1<sup>st</sup> floor.

**Stress Management:** The Rock Island Arsenal EAP is offering classes on Stress Management. Classes will be held in Bldg. 56, 1<sup>st</sup> floor, Room 122, 10:30-

11:30 a.m., on the following dates: **June 11, July 9, and Aug. 13.** Class size is limited. Call (309) 782-4357 to enroll.

**Grief Support Group:** The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group will meet on Tuesdays, 3-4 p.m., in Bldg. 56, 1<sup>st</sup> floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

## Education/Training Review

**The Rock Island Army Education Center** is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. **Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.**

**Drake Master of Public Administration Information Session - Quad Cities:** Earn the Drake University Master of Public Administration Degree Weekends in the Quad Cities. A weekend graduate program designed for public, nonprofit and healthcare professionals completed in 24 months in Davenport. The mission for the Drake



University MPA degree program is to develop within the professional the ability to transform, lead and direct organizations in a dynamic environment. The program and courses are multidisciplinary in nature recognizing the ever-changing environment and relationship between private, public and nonprofit sectors. The weekend-based MPA allows the learner to pursue one of three areas of emphasis: Executive Development, Nonprofit Management or Healthcare Management. To learn more and attend an information session – we welcome you to attend [one of our information sessions in your local area](#). We encourage you to call and speak with us at (515) 271-2188, (toll free 800-44-DRAKE), ext. 2188 or email our outreach coordinator, [Dianna Gray](#). We are pleased to answer questions and help you explore this unique opportunity.

**Service Members Invited to Take the Kuder Journey – Explore Interests, Skills, Work Values:** Kuder Journey is a fun and convenient career transition assessment system. It was specifically designed for the U.S. Military and is designed to assist Service Members in quickly and accurately defining their interests, skills and work values. It is a valuable tool in building a personal career plan, exploring occupational

information and planning for future success. Kuder Journey is free for service members, and registration is easy. Visit [www.dantes.kuder.com](http://www.dantes.kuder.com) to register. GoArmyEd users are encouraged to upload their Kuder search results to their GoArmyEd account e-file. For more information, contact the Army Education Center. POC [Stephanie Allers](#), (309) 782-2065.

## Commissary / Exchange

☪ **The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only, with the exception of select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) ([Facebook](#))**

**Military Commissaries to Close One Day Per Week:** Military commissaries will handle Defense Department furloughs by closing for one day a week, the Defense Commissary Agency said. Most commissaries will close on Mondays up to 11 times **between July 8 and Sept. 30**. The additional closure of one day per week will be in addition to any days stores normally are closed. That means that the 148 commissaries that routinely close on Mondays will also close the next normal day of operation, DCA said. "We know that any disruption in commissary operations will impact our patrons," said DCA Director and CEO Joseph H. Jeu. "Also, we understand the tremendous burden this places on our employees, who, when furloughed, will lose 20 percent of their pay." Furlough notices are slated for delivery to DCA employees between May 28 and June 5. Jeu said the agency determined that Monday closures "would present the least pain" for employees, customers and suppliers. DCA operates 247 commissaries with more than 16,000 employees in 13 countries and two U.S. territories. The furloughs will affect all of the agency's 14,000 U.S. civilian employees. ([More](#))

**Special Promotions Offer Savings on Survival Kit Items:** It's disaster



preparedness time, and shopping at the commissary is a great way for customers to get ready for what may come during the time of year severe weather is likely to strike. To help customers prepare for severe storms, tornados, hurricanes, flooding and the damage they and other natural disasters may cause, the Defense Commissary Agency and its industry partners are offering items needed for survival kits at lower prices, said Joyce Chandler, DeCA's acting director of sales. "We want to make sure our customers have what they need to be prepared," Chandler said. "By shopping at the commissary our customers can get what they need and save money in the process." Every year from April 1 through Oct. 31, items such as flashlights, an assortment of batteries, canned tuna, shelf-stable milk, first-aid kits, bottled water, charcoal, canned soup and more are sold at reduced prices as part of DeCA's severe weather promotional package. The promotion coincides with the U.S. hurricane and tornado seasons. The Atlantic hurricane season runs from June 1 to Nov. 30, and forecasters are predicting another busy season. They are expecting 18 tropical storms, nine of which will become named hurricanes. ([More](#))

## **Commissary Savings Help Highlight**

**Summer Fun:** There is always something fun to look forward to in the summer months, and whether it's a trip of a lifetime or a picnic in your own backyard, your commissary provides military shoppers special savings that help make summer fun. "June is a busy month for families," said Michelle Frost, DeCA's chief of promotions and marketing. "There's Father's Day, graduations, children are out of school, vacations are starting and outdoor grilling season is in full swing! No matter the occasion, commissaries have you covered." DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries in June to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Customers should check with their store manager to verify when they will be offering these sales events.

([More](#))



## **Arsenal Archive**

**Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday,**

**Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))**

## **Pioneer Living Day at the Colonel**

**Davenport House:** The Colonel Davenport House, located on the North end of Arsenal Island, is stepping back in time for Pioneer Living Day on **Saturday, June 15**. Be a part of history from George Davenport's time 1-4 p.m. with guided tours of the house, and outside in the yard see log raft demonstrations, black-powder gun demonstrations, children's games, pioneer crafts, a doll quilt display, and many re-enactors to take a picture with you. Pioneer Living Day is included with regular admission to the house: \$5 adults; \$3 seniors/students/active military; \$10 family. For more information, visit their website at [www.davenporthouse.org](http://www.davenporthouse.org).



## **This Week in Rock Island Arsenal**

**History – June 3-9:** On June 4, 1984, the protestors failed to shutdown the RIA on "Project Disarm" day. The last of 100 Mark VIII Tanks assembled at the RIA was completed June 5, 1920. The order for 100 tanks was completed



in 286 days. On June 6, 1898, the RIA commander received an order to procure from private contractors 10,000 additional outfits of cavalry and horse equipment. The Spanish-American War had caused a critical demand for equipment. On June 7, 1871, Gen. Thomas Rodman, "Father of the RIA" died. He died while in the midst of completing his grand plan for the RIA. On June 8, 1871, the first iron casting made at the RIA was for the iron columns used in the construction of Shop C (Bldg. 104). Gen. Rodman's funeral was on June 9, 1871, at the RIA. It was one of the largest funerals held in the Quad Cities.

## Healthbeat

**Ways to Manage Stress:** Hassles. Deadlines. Short suspenses. Life today is full of stress. What is stress and how does one manage it? Stress is anything that makes one feel tense, anxious or excited. This includes good things too, like vacations and holidays. Lots of things can cause stress--short suspenses, unrealistic expectations, over-commitment of time or finances, even relationships with other people. Stress can cause symptoms in many areas of life including physical, mental,

emotional, social or spiritual. Stress can make one ill or leave one susceptible to injuries. It can cause headaches, stomach discomfort, trouble sleeping, or leave one feeling run down, irritable or forgetful. ([More](#))

**Regular Check-Ups Essential for Men's Health:** Did you know that June is Men's Health Month? If you are a male, you have most likely seen a doctor out of necessity, but when confronted with specific questions about men's health you may have some shortcomings. In searching the wisdom of the Internet on men's health, it turns out that men are pretty special when it comes to taking health risks. In fact, men are more likely than women to smoke and drink, make unhealthy or risky choices, and put off regular check-ups or seek medical care. Overall, evidence indicates that men ought to pay more attention to their health and well-being. But how much is enough? ([More](#))

**Health Clinic Announcement:** Sick Call hours 7-8 a.m. Lab Closed **June 6**. Clinic closed Staff Meeting/Training **June 28** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

## Notes for Veterans

### **VA Hires Over 1600 Mental Health Professionals to Meet Goal, Expands Access to Care and Outreach Efforts, Directs Nationwide Community Mental Health Summits:**

Today, the Department of Veterans Affairs (VA) announced that it has met the goal to hire 1,600 new mental health professionals outlined in President Obama's Aug. 31, 2012, Executive Order to Improve Access to Mental Health Services for Veterans, Service Members, and Military Families. "Meeting this hiring milestone significantly enhances our ability to improve access to care for those Veterans seeking mental health services and demonstrates our continued commitment to the health and well-being of the men and women who have served the Nation," said Secretary of Veterans Affairs Eric K. Shinseki. "Meeting this goal is an important achievement, but we recognize that we must continue to increase access to the quality mental health care Veterans have earned and deserve." ([More](#))

## Carpooling Announcements

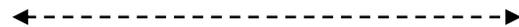




Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

## Carpool:

- **Carpool:** Looking for a ride and pay. Flexible work hours are to 6 a.m. – 3:30 p.m. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). Email: [michael.r.braun.civ@mail.mil](mailto:michael.r.braun.civ@mail.mil)
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9<sup>th</sup> & 53<sup>rd</sup>, (Franklin School area) (309) 757-5755.



## Around the Q.C.



- June 7-8:** [Gumbo Ya Ya - Mardi Gras in The District](#) (The District, Rock Island)
- July 7-10:** [Illinois Free Fishing Days](#) (Throughout Illinois)
- June 7-9:** [Iowa Free Fishing Days](#) (Throughout Iowa)
- June 8:** [Quad-Cities Comic Book Convention](#) (Ramada Inn, Bettendorf)
- June 8:** [Quad Cities Cruisers Open Run Car Show](#) (SouthPark Mall, Moline)
- June 8:** [Ride for Life](#) (Women's Choice Center, 2711 Happy Joe Drive Bettendorf)

**June 12-15:** [Rally on the River](#) (Centennial Park, Davenport)

**June 14:** [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)

**June 15:** [Pioneer Living Day](#) (COL Davenport House)

**June 16:** [Ride the River Bike Ride](#) (Davenport to Moline)

**June 16:** [Ride the River Lunch Stop](#) (COL Davenport House)

**June 30:** [Mother-Son Dance - 'A Mother's Heart, Her Son & King'](#) (Martin Luther King Center, Rock Island)

**June 22:** [Royal Ball Run 5K and Fun Run for Autism](#) (Milan Community Center)

**June 22-23:** [27<sup>th</sup> Annual Quad City Air Show](#) (Davenport Municipal Airport)

**June 23:** [Blossoms at Butterworth](#) (Butterworth Center, Moline)

**June 24:** [YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)

**June 25-29:** [Rock Island County Fair](#) (Fairgrounds, East Moline)

**June 27-29:** [Antique Automobile Club of America Grand National Show](#) (John Deere Commons, Moline)

**July 3:** [Red, White & Boom!](#) (The District, Downtown Davenport)

**July 4-6:** [Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

**July 5-21:** [Countryside Community Theatre Les Misérables](#) (North Scott High School Auditorium in Eldridge)

**July 8-14:** [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

**July 13:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

**July 19-21:** [USA BMX National Championships](#) (East Moline BMX Speedway)

**July 19-20:** [Heartland Jam](#) (Centennial Park, Downtown Davenport)

**July 26-27:** [Downtown Street Fest](#) (Downtown Davenport)

**July 27:** [Bix 7 Run/Walk](#) (Downtown Davenport)

**July 30-Aug. 4:** [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)

**Aug. 1-4:** [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park and RiverCenter)

**Aug. 8-10:** [Tug Fest](#) (LeClaire, Iowa and Port Byron, Ill.)

**Aug. 9-10:** [Ya Maka My Weekend](#) (The District, Rock Island)

**Aug. 10:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

**Aug. 10-17:** [ISC Men's Fastpitch World Tournament](#) (Greenvalley Sports Complex, Moline)

**Aug. 16-17:** [River Roots Live](#) (Downtown Davenport)

**Aug. 17:** [Floatzilla](#) (Sunset Marina, Rock Island)

**Aug. 24:** [Quad Cities Irish Festival](#) (Rock Island)

**Aug. 22-25:** [World Series of Drag Racing](#) (Cordova Dragway)

**Aug. 31-Sept. 1:** [Rock Island Grand Prix](#) (Downtown Rock Island)

**Sept. 7:** [Case Creek Obstacle Survival 5K Run](#) (Coal Valley, Ill.)

**Sept. 7:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)

**Sept. 7:** [¡VIVA! Quad Cities](#) (Isle Casino Hotel Bettendorf)

**Sept. 7-8:** [Beaux Arts Fair](#) (Downtown Davenport)



- Sept. 14:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)  
**Sept. 21:** [Brew Ha Ha](#) (LeClaire Park, Davenport)  
**Sept. 21:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)  
**Sept. 21-22:** [Riverssance Festival of Fine Arts](#) (Village of East Davenport)  
**Sept. 22:** [Quad Cities Marathon](#) (Downtown Moline)  
**Sept. 27-29:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)  
**Oct. 5:** [Inaugural Milan Fireworks Fun d Run](#) (Camden Park, Milan)  
**Oct. 12:** [Trinity Quad Cities Classic Regatta](#) (On the Mississippi River in Moline)  
**Oct. 12:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)  
**Oct. 24:** [Fright Night](#) (The District, Rock Island)  
**Oct. 26:** [Witches Walk](#) (Downtown LeClaire)  
**Oct. 26:** [Lagomarcino's Cocoa Beano 5K Race](#) (Sylvan Island)  
**Oct. 26-27:** [Boo at the Zoo](#) (Niabi Zoo, Milan)  
**Nov. 15-24:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)  
**Nov. 16:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 16:** [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)  
**Dec. 1:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)



# Island Insight



**Joel Himsl**, Garrison Manager; **Eric Cramer**, Public Affairs Officer; **Mark Kane**, Editor

*The Army publication, Island Insight, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight; \[usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil\]\(mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil\)](#); Phone: (309) 782-1121. The Island Insight is [available on-line](#).*

**STORMS**  
You know what to do during inclement weather, but does your battle buddy?

**STANDARDS**  
**TRAINING**  
**DISCIPLINE**

**know the signs**  
DO WHAT'S RIGHT

**Training, Discipline and Standards**  
Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formations. You also have an obligation to your Soldiers and their Families to manage risk and take action to correct problems. In our fight against accidental injuries and fatalities, knowledge is the weapon of choice.

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